

# Financial Exploitation

**Guest Speaker: Detective Mike Day**  
 Vancouver Police Department  
 Elder Justice Center



**Presentation Highlights:**

- about Detective Day and the Elder Justice Center
- what is financial exploitation
- some pitfalls to avoid and how to not make yourself a victim

**WEST Meeting**  
**Monday, Sept. 19, 11:00 a.m.**  
 40 and 8 Community Rm.  
 7607 NE 26th Ave.  
 Vancouver, WA 98665  
 (next to Bingo)

*Two meeting locations to choose from!  
 Meetings are free and open to all seniors.*

**EAST Meeting**  
**Monday, Sept. 26, 11:00 a.m.**  
 Camas Police  
 2100 NE 3rd Ave.  
 Camas, WA 98607

To receive the free monthly S.A.L.T. Times Newsletter, call 397-2211 ext. 3380 or send an e-mail to: [sheriffcommunityoutreach@clark.wa.gov](mailto:sheriffcommunityoutreach@clark.wa.gov). **For other formats:** Clark County ADA Office, **Voice** (360) 397-2000, **Relay** (800) 833-6384, **E-mail** [ADA@clark.wa.gov](mailto:ADA@clark.wa.gov)



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

September 2016

## September is Healthy Aging Month- Participating in Activities You Enjoy

There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

in your community or at your place of worship, may help to maintain your well-being.

study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.



As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

Research tells us that older people with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
- **Have a longer lifespan.** One

□ **Are more happy and less depressed.** Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and more healthy. They think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.

□ **Are better prepared to cope with loss.** Studies suggest that volunteering can help with stress and depression from the death of a spouse. Among people who experienced a loss, those who took

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 Financial Abuse  
 Prevention

Seniors and Law Enforcement Together  
 Clark County Sheriff's Office  
 P.O. Box 410  
 Vancouver, WA 98666



## Keep Your Social Security Number Safe

Social Security came into being 81 years ago this month, and the Social Security number followed a year later. From dumpster diving to data breaches, thieves have come up with many ways to try to steal our numbers since then.

What you should know:

To keep your Social Security number safe:

- Leave your card at home – preferably in a locked safe, when you don't need it with you.



- Shred documents that contain your Social Security number. Buy a crosscut shredder if you don't have one yet; they start at about \$30 online or in office supply stores.

- Don't give out your Social Security number over the phone, especially if you didn't initiate the call. Also beware of anyone asking for your Social Security number by email. It may be an imposter posing as your bank or the government.

- Know to whom you are providing your number and how they will use it. Sometimes you will need to provide your Social Security number to a financial institution or insurance company. But if you are not sure, ask why you need to provide it, how it will be stored, if it will be shared with others, and what the protocols are for a data breach.

What you should do:

- Check your Social Security record to make sure it's accurate.
- Set up a "my Social Security account" at [www.ssa.gov](http://www.ssa.gov) to review your earnings record and get an estimate of your benefits.
- If you see inconsistencies, contact the Social Security Administration at 1-800-772-1213.

*Be sure to share this alert with family and friends!*

Source: AARP Washington and the Washington State Attorney General's Office

## 2016 PUBLIC SAFETY COMPLEX

# Open House

**Saturday, September 24**  
**12- 4 p.m.**

Public Safety Complex  
505 NW 179th St. Ridgefield, WA

- hotdogs, chips and pop
- community exhibits
- demos and displays
- giveaways
- kid activities
- food drive for North County Food Bank.; your donation of non-perishable peanut butter and/or jam will be gratefully accepted

### Demonstration schedule:

**12:30 Memorial Dedication for Clark County Sheriff's Office Search and Rescue Volunteer John Snyder**

**1:00 Lifeflight arrives**

**1:30 Auto Extrication**

**2:00 K-9 demo**

**2:30 Burn demo**

**3:00 Auto Extrication**

It's a free community event and fun for the whole family!



## Smart 911 Coming Soon to Clark County!

Smart 911 is a service that allows residents to create a free Safety Profile for their household that includes any information they want 9-1-1 and first responders to have in the event of an emergency. Then, when anyone in that household dials 9-1-1 from a phone associated with their Safety Profile, their profile is immediately displayed to the 9-1-1 call taker providing additional information that can be used to facilitate the proper response to the proper location. At a time when seconds count, Smart911 provides details that could impact response the second an emergency call is placed, which could be the difference between life and death.

**Senior and Elderly Care:** For active seniors, a Safety Profile can provide peace of mind that in the event of an emergency 9-1-1 would have details on their home, and medical needs. For caretakers, they can be assured that if the person they care for needs to dial 9-1-1 when they are alone, their details are available and the caretaker can be listed as an emergency contact.

Clark Regional Emergency Services Agency (CRESA) is working to bring this service to residents of Clark County, but it's not too early for you to do your part and create your Safety Profile. Visit [Smart911.com](http://Smart911.com) and start your Safety Profile today!

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part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).

**May be able to improve their thinking abilities.** Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, 4-week (8-session) acting course. Other studies are providing new information about ways that creative activities like music or dance can help older adults.

### Activities to Consider

Would you like to get more involved in your community or be more socially active? There are plenty of places to look for opportunities, depending on your interests. Here are some ideas:

### Get out and about

- Join a senior center and take

part in its events and activities

Play cards or other games with friends

Go to the theater, a movie, or a sporting event

Travel with a group of older adults, such as a retiree group

Visit friends and family

Try different restaurants

Join a group interested in a hobby like knitting, hiking, painting, or wood carving

### Learn something new

Take a cooking, art, or computer class

Form or join a book club

Try yoga, tai chi, or another new physical activity

Learn (or relearn) how to play a musical instrument

### Become more active in your community

Serve meals or organize clothing donations at a place for homeless people

Help an organization send care packages to soldiers stationed overseas

Care for dogs and cats at an animal shelter

Volunteer to run errands for people with disabilities

Join a committee or volunteer for an activity at your place of worship

Volunteer at a school, library, or hospital

Help with gardening at a community garden or park

Organize a park clean-up through your local recreation center or community association

Sing in a community choral group, or play in a local band or orchestra

Take part in a local theater troupe

Get a part-time job

### Be physically active

Garden or do yard work

Take an exercise class or do exercises at home

Go dancing

Walk or bicycle with a friend or neighbor

Swim or take a swimming class

Play with your grandchildren

Source: National Institute on Aging